

Understanding Your Baby's Hunger



HUNGER

When your baby is hungry he may:

- Suck on his fist
- Bring his hands to his mouth
- Keep his hands near his mouth
- Search for the nipple (root)
- Make sucking motions and noises
- Bend his arms and legs toward the middle of his body



FULLNESS

When your baby is full he may:

- Suck slower or stop sucking
- Turn away from the nipple
- Push away
- Fall asleep
- Relax his hands and arms